



B'MORE PREPARED!



Personal Preparedness Workshop

B'More Prepared! It's not only a catchy slogan for those familiar with the popular "B'More" contraction, it has now been adopted as the title of the Office of Public Health Preparedness and Response (OPHPR) training campaign.

The vision of this campaign is two-fold:

- to ensure that Baltimore City communities are equipped with the tools to prepare themselves and their families during an emergency; and
- to ensure that Baltimore City Health Department (BCHD) and connected staff are competent to handle emergencies that require public health professionals to assume the role of a first responder.

OPHPR is carrying out this vision by providing workshops for the community as well as to provide its own staff with opportunities that will enhance their response during emergencies.

Community preparedness is currently implemented at neighborhood meetings. OPHPR staff have begun to conduct training sessions at public libraries around Baltimore City and also at the invitation of neighborhood associations, churches, etc. Attendees are provided with tools, reminder cards, and practical exercises to form their own personal preparedness kits for a minimum of \$20 as well as assistance in actually creating a written personal preparedness plan for both home and work settings that answers the following questions:

- How would you keep in contact with your family if separated during an emergency?
- Where would you and your family go if you had to leave your home?
- Who would take care of your children, elderly parents or pets should you have to shelter-in-place at work?

For more information contact 443-984-2622.



BALTIMORE CITY HEALTH DEPARTMENT